



Dear Met church family,

We are thrilled to see our fall ministry calendar take shape, with many ministries introducing in-person events alongside their virtual platforms.

Two Live Sunday Services

One of the most exciting changes is the reintroduction of our regular live two-service format, starting Sunday, September 13. We will be offering services at 8:45 AM and 11:15 AM. These times are slightly altered from our service times pre-COVID-19 to enable us to provide adequate cleaning and disinfecting between services. The sanctuary, gym, and chapel will be available for seating. We will continue to monitor capacity limits and registration will continue through Eventbrite. We will also be continuing with our simultaneous live broadcast at 8:45 AM for those who do not yet feel able to return to the building for live services.

Celebrating Communion

One of the greatest challenges for us in recent months has been our inability to celebrate communion together, and this has been a matter of particular prayer and ongoing discussion among our elders. We are glad to report that we feel we are now in a position to offer Communion while maintaining our safety protocols. While we typically hold communion the first Sunday of each month, we feel the need to resume this practice quickly given we have not been able to do so for so long. Our first communion service will be on September 13. While we will not be able to pass the elements as we have done in the past, we will be providing pre-packaged, individual servings of the bread and juice. We are very mindful of the fact that a number are not able to re-gather with us at this time due to health concerns. We have always had provisions in place for offering the Lord's Supper to those who are unable to attend on-site due to health. We will be offering in-home communion visits through our elders and deacons for all who wish to participate but cannot attend. Arrangements for this will be put in place and communicated separately before September 13.

Fall Ministry Opportunities

You will find more information about the fall ministry opportunities in our [Fall Ministry Booklet](#). We are reintroducing ministries in different stages with consideration for safety, the space requirements (knowing the need to demonstrate physical distancing) and our ability to manage the cleaning and disinfecting protocols. We remain mindful that we are still in the midst of a pandemic, and so we are, of course, continuing to follow the directives from Ottawa Public Health and the Province of Ontario.

Opportunities to Serve

We realize that when we offer more Sunday services and more weekly ministries on site, as well as through Zoom, it requires a large group of men and women to serve. Around this time of year we would usually host a volunteer fair to articulate the many serving opportunities. While we are not able to do that this year, we would like to ask you to pray about where you feel the Lord would have you serve in this new season. There are certainly many, many needs: helping on the technical team for Sunday services, leading a children's Sunday School class over Zoom, serving as a mentor for METYouth or METYoung Adults, serving in Awana, just to name a few. The best way to begin is for you to express your interest in serving by completing the [serving form](#) on the church website.

Our Financial Situation

Our treasurer reminds us of the Lord's goodness to us in moving the church family to continue to give financially. Overall giving to the General Fund to the end of July was actually higher than that received last year during the same period, and August giving appears to be healthy. We are currently running a modest deficit, but this is not unusual for the time of year. Our staff are carefully managing expenses to keep them in line with our income. Giving to the General Fund to the end of July was \$1.71 million and expenses were \$1.78 million. Praise the Lord for His faithfulness during this difficult time!

We give thanks to the Lord as He protects us and is gracious to us through this time, and we continue to look to Him for guidance and strength as we seek to serve Him in faithfulness. Psalm 91:1-2 reminds us, "He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, 'My refuge and my fortress, my God, in whom I trust.' " We trust you will find this new season a time of rich spiritual growth and service for the Lord Jesus as we together seek to engage people with the gospel, establish believers in the gospel, and equip servants of the gospel.

With every blessing in Christ,

Jonathan Griffiths, Randy Jost and Chris Shadbolt